JUNIORS DEPTH LIMITS:

Ages 10 - 12 = 12 metres Ages 12 - 15 = 15 metres

SCORE KEY

1	Very poor
2	Poor
3	Average
4	Good
5	Excellent

SSV EXPERIENCE PROGRAMME

Scores: Total days points must be added up to determine the divers next step

- 90 points or less means diver is NOT permitted to progress to next depth increment and must repeat diving activities at same depth until performance improves sufficiently
- 91 to 124 points means diver can progress 2 metres deeper
- 125 points or means diver can progress 4 metres deeper



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	Control at the surface	Descents/ascents	Buoyancy control		Buddy system	Staying toge	
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